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ABSTRACT

This book directs the individual reader to self-expression and discovery through writing techniques. The book presents a series of writing exercises that helps a person explore his or her past, present, and future. The exercises in the book are grouped into three stages of the self-discovery process: (1) "Remembering," tapping memories; (2) "Reframing," finding a focus on those memories; and (3) "Reexperiencing," "rewriting" the memories--the process of learning to shape and deal with them. The book can help an individual to grow, challenging him or her to use writing as a "way of both looking inward and reaching out, to help create--and serve--this new world." A glossary of writing techniques and an annotated bibliography of books for further exploration conclude the book. (NKA)

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